

Jasper County School Nutrition

Board Policy EEE: Wellness Program

The Jasper County Charter School System recognizes that student wellness and proper nutrition support students' well-being, growth, development, and readiness to learn. The Board is committed to providing school environments that promote and protect student wellness, proper nutrition, nutrition education, and regular physical activity as part of the total learning experience. In a healthy school environment, students will learn about and participate in positive dietary and lifestyle practices that can improve student achievement.

1. The Wellness Program outlines Jasper County Charter System's approach to ensuring environments and opportunities for all students to practice healthy eating and physical activity throughout the school day. This policy establishes goals and procedures to ensure that:
2. Students have access to healthy foods throughout the school day – both through reimbursable school meals and other foods available throughout the school campus – in accordance with federal and state nutrition standards;
3. Students receive quality nutrition education that helps them develop lifelong healthy eating behaviors;
4. Students have opportunities to be physically active before, during, and after school throughout the school year;
5. Schools engage in nutrition and physical activity promotion and other activities that promote student wellness;
6. School staff encourage students to practice healthy eating, good nutrition, and physical activity behaviors in and out of school; and
7. The community is engaged in supporting the district's work in creating continuity between school and other settings for students and staff to practice lifelong healthy habits

Nutrition Standards for all Foods Available on School Campuses During the School Day

1. All schools will follow nutrition guidelines and federal regulations set forth by the United States Department of Agriculture (USDA) Nutrition Standards for National School Meal Programs.
2. All schools will adhere to Jasper County [Board Policy EEE, Sale of Competitive Foods](#), regarding competitive foods, fundraisers, and items of minimal nutritional value. This policy states that “all foods sold in Jasper County Charter School System will comply with [USDA Smart Snacks in School](#) nutrition standards. This rule applies to all foods sold during the school day, which begins at 12:01 a.m. and ends 30 minutes after the end of the scheduled school day.” The nutrition standards do not apply to foods and beverages sold at events held after school, off campus, or on weekends, such as school plays or sporting events.
3. All schools are encouraged to choose healthy options and/or put limitations on unhealthy foods and beverages available, but not sold, to students during the school day for school celebrations, classroom parties, etc., although these options are not required to meet USDA nutrition standards.
4. On school campuses, marketing for all foods and beverages available to students during the school day will meet the nutrition guidelines and regulations set forth by the USDA.
5. The Jasper County Charter School District will discourage the use of food as a reward system.
6. Students will be encouraged to participate in periodic “taste testing” of new, as well as current, menu items to promote school meals and to gauge student preferences.
7. Fundraising activities on school campuses during the school day that compete with student appetites will be discouraged.
8. Students with medically documented, special nutritional needs will be identified and served according to their individual needs in accordance with the USDA federal guidelines.

Physical Activity

1. Physical education and activity will be provided in accordance with the Georgia state curriculum standards at all grade levels. Physical education and opportunities for physical activity may also be offered through before and after-school programs.
2. Students will be encouraged to engage in activities such as “Jump Rope for Heart” and “Relay for Life” as well as other extracurricular activities that encourage physical activity.

Implementation and Evaluation

1. The Jasper County Charter School System Wellness Policy will be reviewed periodically by a committee consisting of school system and community representatives. Implementation, compliance, and effectiveness of this policy will be reviewed.
2. Participation in this process will be open to the general public and school community through announced meetings of the Board of Education and/or any other related meeting opportunities.
3. This policy and any approved updates will be available to the public on the Jasper County Board of Education website.
4. The Superintendent or designee will develop an evaluation summary report on district-wide compliance with this policy at least once every three years. This report shall be provided to the Board of Education and, upon request, to interested parties.

To learn more about wellness implementation, contact the School Nutrition Department at (706) 468-6350 ext. 5108 or email the School Nutrition Director at jclowers@jasper.k12.ga.us.

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